

Baseball Team Devotion-The Strength Coach

Scripture Lesson: Psalms 18:1-2

Every Major League and Minor League team has a coach that is responsible for strength and conditioning of each player on the team. Everything from getting in good shape to getting stronger is covered. There are programs that are set up for position players and pitchers. Pitchers do a lot of running. As a matter of fact, they run everyday but Sunday unless you started the game the night before. The saying for pitchers is "Sunday fun day no run day!" The Strength and Conditioning Coach monitors each player and the progress they are making. Their main tasks are to get players in peak physical condition to play the game as well as getting them strong as possible. The Major and Minor League seasons are so long it takes great conditioning and strength to finish the year strong. They use a variety of exercises, running, and weight training to accomplish these goals.

Our Scripture lesson today tells us how to finish the game of life strong. When we realize, as the Psalmist tells us, that our strength is found in the Lord, we can finish strong. Sometimes life is difficult to live, problems come up that we may not know how to handle. God is our strength, and as the Psalmist says, He is also our rock, our fortress, our deliverer, and our shield. Those things tell us that not only will God supply the strength we need, He is also our protector. Isn't it great to know that when we struggle in baseball or when we struggle in life that God is there for us? God will provide strength and guidance to get us through the toughest of times. When David wrote this psalm he was running for his life. King Saul was out to kill him. Yet he knew that God had his back and would be there for him supplying his every need. God loves us so much, He is going to be there for us always. So remember the next time you struggle with baseball or life, God is only a prayer away.

Object lesson: Have the team run poles(from foul pole to foul pole). This is a typical run for Major and Minor League pitchers. Remind them that those pitchers run several poles at a time, not only one.